

HOW TO ACHIEVE YOUR HEART'S DESIRES!

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HOW TO ACHIEVE
Your
HEART'S DESIRES!

A SHORT HOME STUDY COURSE
by
J'ARCEE.

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Thoughts !

“As you think, you travel; as you love, you attract. You are to-day where your thoughts have brought you; you will be tomorrow where your thoughts take you. You cannot escape the result of your thoughts, but you can endure and learn, can accept and be glad. You will realise the vision (not the idle wish) of your heart, be it base or beautiful, or a mixture of both, for you will always gravitate towards that which you secretly most love. Into your hands will be placed the exact results of your thoughts; you will receive that which you earn: no more and no less. Whatever your present environments may be, you will fall, remain, or rise with your thoughts, your vision, your ideal. You will become as small as your controlling desire: as great as your dominant aspiration.”

—James Allen.

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INTRODUCTION

All men are born to be happy. We are not born to be shackled by poverty, to be ground down by drudgery or be crushed by disappointment. But, everywhere we see man—God's pet creature—unhappy. He worries to get a job, he worries to improve his prospects, he worries for his family—worry, worry, and nothing but worry. He envies everybody who seems to be happy in this world. He thinks with regret of the days of his youth when he dreamt—ah, what wonderful dreams! Dreams of Success, dreams of being a rich man, having a happy family, being a good mechanic or the hundred and one things that we dream of when we were young. And, as time passes there are less and less of these dreams. Man is enmeshed in the illusions of this world and forgets that 'We are such stuff as Dreams are made of'.

So long as you can dream, hope is not dead within you; your spirit still lives, and I wish to tell you how to fan this live spirit of yours, how to make your dreams:

come true and to achieve happiness in this world.

Happiness ! It is a word that conjures up different pictures to different people. Some think of riches, a fat bank balance, a fat limousine, a protruding waist and everything safe and secure. Others think of Position—an important man whom many come to consult, whose word is respected and who stands high in the eyes of his people. Still others think of success—success as a politician, a lawyer, a musician, an inventor or a mechanic. Happiness is not a “Standardised Product”. It is not the same thing to every man. True happiness consists in obtaining what you REALLY DESIRE.

And it is my purpose here to show you **How to achieve your desires, How to Make the True Wishes of Your Heart Come True, so that you may achieve what you wish to achieve and in achieving your “Heart’s Desire” achieve True Happiness.**

I

“THE SECRET OF DOING A THING IS TO SEE IT DONE.”

This sounds simple, but it is not as easy as you think it to be. It requires some explanation on my part and a little practice on yours. Besides, its success depends entirely upon your ability to do it.

Anybody who looks out for a ready-made formula or a system by which he merely thinks of and becomes is groping in the dark. There is no such system in the world, nor can any exist. The system I sketch below calls for a reasonable amount of efforts. It is an art; like music, dancing, sculpturing, etc. it requires to be learnt. And, once you have learnt it, it is for ever yours; and can utilise it for pleasure or profit, at your will. For that reason I call it “The Art Of Concentration”.

The word “Concentration” requires a little explanation. In the usual sense of the term, you concentrate when you are reading a book—a mathematician con-

THE SECRET

concentrates when he is solving a problem—a doctor concentrates when he is examining a patient. In the above instances all your mental faculties are wide-awake; you are thinking hard, your mind is arguing between this and that; you are sifting evidence and making decisions.

This is exactly what I don't want you to do! During Concentration your Mind must not argue or make decisions. Your Mind must be closed to all thoughts—a Perfect Calm. Concentrating is not Thinking—it is eliminating thought in the first place, and, then, planting therein the picture of 'the Object of your Desire'.

Once you reach the state where your physical mind is held in check—a New Mind—a Peaceful Mind will come into operation. Let this 'Peaceful Mind' focus itself to a point—on the Object of Your Desire. Let it dwell upon the picture of Your Desire Fulfilled. Feel that the image is a reality. Your whole self must live in that image that you have raised up in your Mind; and believe that it is absolutely true—there must be no doubt about it.

In the following pages I am going to show you how to attune your mind

THE SECRET

to holding on just to one picture. Usually the mind does not stick to one thing at a time but jumps from idea to idea. With the help of the Centration Exercise, your mind will be trained to image rightly and Concentrate correctly and once you can do that it is an '*open sesame*' to Success in Life. You have with you Alladin's Lamp and you can realise all Your DESIRES.*

*Many misunderstand Concentration as *Samadhi* or *Penance* and their like. But, Concentration has no connection with any such practice. The person who takes to *Samadhi* etc. usually renounces the world; he has no special love for his family and friends; the 'riches' of the world bear no attraction for him. Whereas, the person who Concentrates creates greater affinity for this world, its pleasures, and men and women. He understands the uses of 'riches', and, as such, demands and gets more of them. He tries and succeeds in bringing sunshine in his own life and in the lives of others. He makes this world a more fit place to live in. These and countless others are the benefits of Concentration.

II

FIX A DEFINITE AIM

Though in the book I have used the word 'Desire', by 'Desire' I do not just mean an idle wish of your heart or a passing fancy of your Mind. 'Desire' is something more and much more intense than what you imagine it to be. It is the ruling Desire of your heart—more intense than just willing or wishing. You have to dig into your heart to find its roots for there will be many weeds growing along with it, which are just desires and not 'the Desire'. So, from out of all the Desires, select One—only One—the fulfilment of which will be the highest joy of your life. And, once you have selected it, stick to it, through thick and thin, till you finally Succeed!

The process I sketch below is 'mental'—its result 'Spiritual'. It is in the nature of exercise that has to be done regularly at definite times.

TIME & PLACE

The first thing you have to do is to fix a proper time and place. It is desirable that you do the 'Concentration' at the same time and place every day.

The three most suitable timings I know of are : (i) a little before the dawn ; (ii) in the morning after bath ; and (iii) in the evening at dusk. Select any one of these. If they don't suit you, select any other period during the twenty-four hours, except the hour immediately after meals. Because if your stomach is full, it will act as a deadweight upon the system, and, the Concentration, therefore, will not be perfect.

As regards the place : Select any place you like. Some prefer going to temples or at other places of worship ; but, I prefer my own home. If you too can find a small quiet spot in your house, do not look for it elsewhere... And, for those who can afford amenities, I suggest that they should reserve a special room for the purpose. The room must be well ventilated, and free from noises of any kind. Everything in the room, books, paintings, pictures, furniture, etc., should be in accord with the best of your tastes.

THE TIME AND PLACE

If there is no suitable place in your house, find a quiet spot somewhere in company with nature. Go on a hill or in a dale, by the side of a rivulet or in a garden—anywhere; but, far from the ‘maddening crowd’.

It is understood that you shall go through the exercise, regularly and conscientiously. Any carelessness, or break, or change in time or place will result in a serious set-back upon your progress.

BREATHING EXERCISE

Having selected the time and place, do the following Breathing Exercise. This will enable you to attain a ‘peaceful state of mind’ very easily.

Go near an open window. Close your right nostril with the tip of your thumb. Breathe in slowly through the left nostril till your stomach and lungs are sufficiently inflated. Close the left nostril. Only breathe in as much air as you can conveniently hold. Also, do not make a hissing sound while breathing in or out. The time taken for inhaling should be about eight seconds. Retain the breath for about five seconds. While

BREATHING EXERCISE

retaining the breath bend the head a little downward, so that the retained breath does not affect any part of your nervous system. Gently raise the head and start breathing out slowly through the right nostril—the left one now being kept closed with the tip of the first finger. Contract the abdominal muscles lightly, so that the whole breath flows out. The time taken for exhaling should be about fifteen seconds. Wait for a few seconds and then start breathing in again, this time through the right nostril. Repeat this alternately for about half a dozen times.

Next, start breathing in air through both the nostrils, *in small doses*, till your lungs get completely filled in. Hold your breath for a few seconds, and then let it flow out slowly. Repeat this exercise too about half a dozen times. The timings given in the previous exercise also apply here.

Concentration is the Secret of Success: but the breathing exercise is the 'key' to Concentration. Without the breath-

KEY TO CONCENTRATION

ing exercise there cannot be proper concentration.

The secret is this that both your nostrils should be working at the time of Concentration. Perhaps you are not aware, but, in the ordinary course, it is only one nostril that is working while the other one is taking rest. After the breathing exercise, both the nostrils will be working simultaneously. You can feel the difference by breathing out through the nose, on the back of your palm, before and after the breathing exercise.

Another great advantage of the breathing exercise is that it throws out poisonous matters from your body and purifies the system. Occasional breathing exercise during the day at convenient times—particularly, before going to bed and at the time of rising in the morning will cure many a disease and add to the years of your life. The schools of Pranayam say that if breathing could be controlled, life would never be extinct in man!!

POSITION

There are no hard and fast rules about a particular position that you must take up. Any comfortable position will do, but avoid a lazy one. What you should be careful about is that your body above the waist should be in one straight line. You may sit on a chair or on a 'gaddi' (mattress). To sit in Indian style with legs folded is recommended. But, if you are sitting on a chair with your legs touching the floor, *do not cross them*. Keep your back straight and neck erect. Let the hands fall in your lap in a restful position. Stop fidgeting with your hands and fingers; and restrict any voluntary movement of any part of your body. If you needs must move, do it slowly.

RELAX YOUR BODY AND MIND

To relax is not to make your body a deadweight. It is, to relieve from attention, your body and mind.

After taking up the position, 'call your wandering forces to a peaceful centre within your mind'. Close your eyes—still your senses. Go over the body, part by part; limb by limb. Start from at the feet first. Concentrate your attention for some-

RELAXATION

time on the feet. Feel that they are completely relaxed; there is no tenseness anywhere in the muscles. Feel, as if, the feet did not exist. Go higher up. Feel your legs—they too are relaxed. Go higher up and up, part by part, till you reach the mind. Let there be no tense spot, at any place in the body. Breathe fully and freely.

After the relaxation of the body comes the relaxation of the mind. It's easy. Hold a 'peace-idea' or a 'love-thought' for some time in your mind. An idea like: "Peace on earth, and, goodwill to mankind" is the best to relax upon. Otherwise, remember a beautiful scene you have seen in a picture; or, think of the landscape you feasted your eyes upon. Or, enchant the name of God or a deity, slowly and with vehemance.

And, then, **Concentrate** your attention at the place where your two eye brows meet. In doing so, do not strain your eyes or any other muscles. This will establish, what we call, a 'Peaceful State of Mind'.

A PEACEFUL STATE OF MIND

A 'Peaceful State of Mind' is a necessary prologue to our act. First give yourself

PEACEFUL STATE OF MIND

a hint that you are going to establish a 'Peaceful State of Mind' and feel confident about your doing it... Once you have stilled the senses and removed the tension of the nerves, a 'Peaceful State of Mind' is not difficult to achieve. Some times, it follows immediately and automatically. You need not make any frantic efforts to bring about a 'Peaceful State of Mind'. It will come of its own accord... All you have to do is to fix your attention between the two eye-brows, and dismiss all wandering thoughts from your Mind: "No thinking at all under any circumstances"—that is the motto.

"If you can get absolutely still for just one moment you have reached the goal. The mind may go on working after that,—but it will not be the same mind again. You will know yourself as you are,—your true self."

But, before that, your mind will begin thinking of all sorts of things—You will think of the present, and of the past, and, of the things to come. You will be talking to yourself or to somebody else; your body might ache, you will feel tired and so on. Various obstacles might arise—but, if you

IN TUNE WITH THE INFINITE

will bear a little patience, in a few minutes (usually three to five), all these obstacles will vanish like thin mist at the break of day. Your body will no more ache; you will no more do the talking but listen to some unknown voice of Divine Guidance. There will be established in your mind a perfect peace—a unique experience of a “peace that surpasseth understanding.”

IN TUNE WITH THE INFINITE

Almost synchronising with the previous step is this step: To be ‘In tune with the Infinite.’ You may call this Power (the Infinite) by any name you choose. I, in my own simple way, call this power: “God”, “Infinite Intelligence”, “Omnipotence”, “Superconscious”, and such other names, which mean one and the same thing. (Or, if you have firmer faith in some Spiritual God or Deity, you can with effect substitute its image in place of the Infinite). All you have to do is to feel conscious of the Great **Within** You. You are the King of Everything—Happiness, Health, Wealth, Peace, Power, Plenty, Fame, etc. are **YOURS**.

This **within** element plays an important role in our system. The Infinite is every-

CONCENTRATE ON THE OBJECT

where—in the sky, in heavens, on earth, here, there, everywhere—but, the place to find Him is only One: It is **within**, not 'without'. So, during Concentration, do not scan the Infinite somewhere in high heavens, but look **within**—in your heart—in the very depths of your innerself, and you shall find Him there. Feel that you are One with the Infinite. The source of Infinite supply is Within You.

CONCENTRATE UPON THE OBJECT OF YOUR DESIRE

Now comes the most important part of our exercise. While your mind is thus calm and peaceful turn it gently towards your Ideal: **LET YOUR WHOLE SELF LIVE IN THE IDEA THAT YOUR IDEAL IS REALISED.**

(Mark my words: You have to feel that your Ideal is **REALISED**—not that it is going to be realised).

If you are Concentrating on Wealth, feel that you are Wealthy; if you are concentrating on Health, feel that you are Healthy. Let no idea other than the one you have set your heart upon disturb this 'Process of Realisation.' Do not like a grass-

AFFIRMATION

hopper jump from one idea to another; you will feel the tendency—avoid it.

AFFIRMATION

An Affirmation is an 'Yes-idea'* given to your Real-self, when you are in a receptive state of mind, i.e. when your mind is open to receive outside suggestions. Anything imprinted upon the sensitive film of the mind at this stage, i.e. during Concentration will invariably be reproduced, in your life, at a later date. And, there is no time better than THIS to make the suggestion.

An affirmation can either be, 'audible' or 'inaudible'.

When it is audible, it is made through the medium of speech. The voice to be used in audible suggestion should be calm, cultured and rhythmic. Repeat an Affirmation several times, till your whole frame of mind reverberates the same verbal thought.

When the suggestion is inaudible, it becomes a pure mental suggestion, i.e. you

*To say "I am *not* sick" is not an 'yes-idea'; but say "I am well" is an yes-idea.

MENTAL VISIONS

repeat, slowly and peacefully, in your mind, a given suggestion, and, at the same time, feel that you have realised your ideal.

This step is by no means a compulsory one, and, is to be resorted to when it is found difficult to focus your mind on One idea. But, it is of immense value, and, is practically an indispensable step to a beginner. I, therefore, suggest that after you have learnt the 'art of Concentration', you may discard this step just as a child discards a go-cart after it has learnt to walk.

MENTAL VISIONS

CREATE MENTAL VISIONS OF YOUR DESIRE COME TRUE. Plant the picture of your Ideal before your Mind's eye, and hold it there for a sufficiently long time to the exclusion of every other thought or image. Live in the idea that the vision you see is Real—and, that your desire has come true now and here.

This is the highest form of Concentration. It is a new faculty of the Mind that is being developed, and, is the last word in the realisation of your ideal. It also depicts the highest form of development of the human brain.

THANK THE INFINITE

With many this faculty takes a considerably long time to develop—some never get the visions at all. If this be the case with you, don't despair. Your labour is not at all a waste. **The dwelling on the idea that your dream is realised itself goes a long way in the realisation of your Ideal; and, you will gravitate nearer your Ideal even without getting actual visions thereof.**

By the phrase "Create Mental Visions of Your Desire" I do not mean to say that you should *force* a picture before your mind's eye or that that you should *strain* your nerves to visualise the object of your desire. All that I mean to say is that: If you will bear your mind for a sufficiently long time on One object, the visions of that object will rise almost automatically before your mind's eye. If you should get the visions easily, it is a very encouraging sign; and, know for certain that your visions will come true very soon.

THANK THE INFINITE

Last but not the least: Thank The Infinite For Having Fulfilled Your Wish. To thank the Infinite is not to bend yourself four-fold in

THANK THE INFINITE

humble supplication, like a sinner begging mercy; it is also not a lip-prayer—It is a sincere spirit of Thankfulness, where you elevate yourself to a higher plane of Love, through the Power of the Mind, and, thank the Infinite for having granted your wish.

This is the finish of our Concentration exercise.

*

*

*

The whole process, from 'the breathing exercise' up to the 'thanksgiving' should not take you more than half an hour. For a busy man, even a quarter of an hour will do. If you can devote a little more time, it's well and good—but do not let this mental process degenerate into the habits of 'getting into the moods' for *hours* together. Once you have finished with the exercise, forget all about it. It is as important to detach your mind from the subject as it is to concentrate upon it.

You have made known your wishes to the Infinite, so wait for the results without getting impatient over them or doubting them in your heart. If you should worry about the results and feel that they are delayed, you will delay them still further, and the danger is that you will never get them at all.

IV

A FEW MORE HINTS

HOW TO VISUALISE: In the natural course you should get the visions of your Ideal complete in themselves, i.e., as they really are. But, for a student who wishes to learn Visualising, I suggest the following method:

While visualising, learn to visualise part by part. Supposing you wish to visualise a Beautiful Room, start visualising the outlines of the **simpler objects** that are in the room. Say for example—a fireplace. Visualise the outlines of a fireplace. Next, beautify it. Put a luminous glowing fire, colour of wood, etc. Now, see the outside of it: Two exquisitely beautiful flower-pots of old China with bouquets of colourful of sweet-smelling flowers standing on the mantelpiece. An electric clock in the centre decorating the wall. Gradually proceed further; put artistic pictures on the wall—visualise pieces of modern furniture, one by one, arranged on a beautiful carpet and so on till you get a

A FEW MORE HINTS

complete picture of a beautiful and cosy room—and then keep it there before your mind's eye as an **actual reality**.

THE PICTURE YOU FORM: You have to form only *One* picture and not a series of pictures. See the picture as if you were seeing a magic-lantern slide and not a movie.

It is also not advisable to concentrate on more than one object at one sitting.

BEWARE OF MENTAL LETHARGY: Many mistake Concentration for 'mental lethargy'. While you have been concentrating, a wave of lethargy may try to steal over your mind, and carry you off the subject. You will feel sleepy, your brain intoxicated, etc. Beware any such tendencies.

BE STILL: Stillness is absolutely necessary throughout the Concentration exercise. In fact our whole system is based on *STILLNESS*. While seeing the picture keep perfectly calm. Your body should be absolutely relaxed. Your mind free from Thoughts. Do not be agitated or be overwhelmed with glee. Keep a balanced mind throughout the Concentration.

A FEW MORE HINTS

BE POISED: In everything that you do, "be poised". Your actions, your movements, your mode of walking, your talks, everything, should bear the charm of grace. If you are in the habit of walking or talking fast, check yourself. Never feel excited, agitated or angry. Don't make a dash or jerky movements. You are, thereby, wasting your forces, and counteracting the good effects of Concentration.

RESTRAIN YOUR THOUGHTS TOO: Some people misunderstand Concentration as stopping the activity of the Body, and stimulating that of the Brain. This is wrong. You have to restrain the activities of the brain too. "No Thinking At All"—that's our motto.

When you restrain your thoughts—a New Mind, so to say, will dawn upon you; and, from out of the ashes of the restrained thoughts will rise the Spiritual Thoughts.

V

THE BASIS OF OUR SYSTEM

Our system is based on the study of Spiritual Science. Man in essence is a spirit and not a mere carcass of flesh, blood and bones as you see him. Besides your physical body there is an Invisible Body that is your Spiritual Body. The Physical Body is simply an outward manifestation of your Spiritual Body.

Now, just as your Physical Body has its Physical Senses so also your Spiritual Body has its Spiritual Senses. And, these senses are infinitely more powerful than your physical senses: Your Spiritual Eyes see far into the future; and your Spiritual Ears hear admonitions and instructions of Divine Voice and so on.

Not only your body, but everything visible to human eye or sense of perception has its corresponding existence on the Spiritual plane. And, it is only the crude form of it that we see on the physical plane as actual realities of our existence. Every

THE BASIS OF OUR SYSTEM

event, every object existed on the Spiritual Plane long before it took its birth on the physical plane or came to be known on this earth. Thus, the Spiritual World is the Real World—it is the World of Cause, whereas the Physical World is the Unreal World—it is the World of Effect. In this sense again, your Spiritual Self is the Real Self and your Spiritual World the Real World.

While you have been Concentrating, your Spiritual Senses are operating on the Spiritual Plane. You have been by Spirit Doing, and by Spirit Building. Your physical senses are put to temporary abeyance. The mind that works is your Spiritual Mind; the eyes that see are your Spiritual Eyes; and the object that you see is on the Spiritual Plane.

What you have built on the Spiritual Plane with your Spiritual Senses, no earthly power can undo !

It is only a question of time to make manifest on the physical plane the objects built by you on the Spiritual.

VI

AID TO CONCENTRATION

Now here is something to aid you in your Concentration. Cross your fingers—the index finger **over** the middle finger. You may cross the fingers on one or both of your hands. (See illustration at the end of the book). By doing so you will be able to concentrate better and will realise your ambition sooner.

The trick is simple and certain: its effect miraculous when followed with devotion. It is not only useful during Concentration but its sphere of influence extends over a vast number of other operations. It will help you in difficulties, preserve you in times of stress, bring you good-luck and help you to wield influence over others. Try it whenever an opportunity occurs; and if you will not slight it but use it with precision and confidence for a worthy purpose, its effect will startle you. The only time you should not use it is, when you are in 'a falling state of mind' or when your mind is in a depressed condition.

VII

Now, there are some fundamental principles of this system that must be impressed upon your mind. And, the best way to do it, is to give illustrations where Concentration is used. You must therefore read the following pages carefully and read between the lines, so that you may be able to find out what those principles are and learn how to apply them. The fundamentals are the same everywhere; and the **principles of one apply wholly to the other without any change.**

Finally, lest the purpose of the illustrations be misunderstood, I warn the students against the likely error of trying to apply any one of these illustrations, wholly and literally, to his own, or to anybody's individual case. The individual requirements vary immensely and one illustration doesn't cover all the points. **You must therefore work out your own problem on similar lines and concentrate accordingly.**

ILLUSTRATION NO. 1.

Mr. A wants to see his business grow. He is a very hard-working man but his business just runs, never flourishes. Luck and opportunity seem to pass him by. Many a deal has just gone awry for no fault of his; whereas his rivals in business who are not as hardworking as he is seem to get on. His liabilities are gradually mounting and his income dwindling. Naturally, he is worried. He does not wish to fail nor does he know what to do to succeed !

Now, this is a position which practically every businessman has to face at one time or the other. How to get out of it and how to make the business a paying concern is a problem facing many.

The Golden Secret to Succeed is this:

BUILD THE IDEAL OF YOUR BUSINESS IN YOUR MIND—AND LIVE THAT IDEAL OVER AND OVER AGAIN (IN IMAGINATION) AS OFTEN AS YOU CAN!

If you have got the ability to image rightly and vividly the Ideal of your business,

ILLUSTRATION NO. 1

your business will grow into that Ideal, day by day.

The business is more the making of your Mind than it is the making of your physical efforts. If you depend upon your physical efforts **alone**, I might value them at the most at eight annas a day, because a labourer who does the hardest manual labour gets about that much. But, if I count your 'mental labour', it may be worth more than a thousand rupees a day. By '**mental labour**' I do not mean the skill of a doctor or a pleader. What I mean is: **KEEPING YOURSELF IN THE RIGHT FRAME OF MIND.**

THERE IS A MOOD OF MIND WHICH WHEN MAINTAINED CONSTANTLY CAN DRAW MEN, MONEY, RICHES, ETC., TOWARDS YOU. THAT MOOD IS : ALWAYS KEEPING YOURSELF IN A CALM, CONFIDENT AND EXPECTANT FRAME OF MIND...!

Now, you can use your mental energies either 'constructively' or 'destructively'. And, the majority of people for most of the time in their lives use their mental energies 'destructively', otherwise there could not be such a lot of unhappiness in this world as

ILLUSTRATION NO. 1

there is to-day. Every curse, every evil thought, every pessimistic outlook on life returns like a boomerang and harms the thinker.

Your Imagination is a Spiritual faculty—but it must be trained to image **‘constructively’**—to build your business, not to destroy it. Imagine only that which is of advantage to you—of Hope, Success and Rise in Life. Banish, once and for ever, despondent thoughts of stringency, failure, loss and ill-luck.

You may think that your thoughts are never detrimental to your business—but you are wrong. If you can scrutinise your thoughts through the eyes of a ‘trained man’, you will be shocked to know how rudely you violate the above law every minute of your life.

Do not demand annihilation of your competitor’s business for your personal gain. If you do so, you are inviting the *lower* elements of the unseen forces to build your business. The laws of Infinite Wisdom are not so unjust that they will destroy other’s business and build yours. While demanding justice

ILLUSTRATION NO. 1

for yourself, demand justice for others, too. You will, thereby, call upon the higher forces of Nature to protect your business, without harming others. And, this, the Infinite will readily do by ways that are now hidden from your eyes.

Do not bother about the liabilities. You have now been drinking at the fountain of the Infinite Source of Supply—so meet your dues willingly and ungrudgingly. Pay your creditors cheerfully. Pay your staff liberally. Bless every rupee that you pay out. Every rupee sent out cheerfully will multiply and return to you. Every rupee sent out grudgingly will be a drain on your hoard!

Spend your moneys wisely—do not hoard them. Hoarding stifles further inflow of riches. It stagnates like a dirty pool of water by the side of a flowing river. The more you will spend the more you will receive.

Spend after your comforts, spend after luxuries, unhesitatingly and unflinchingly, as far as your means can afford. For, the man who spends ungrudgingly and rightly with the fullest trust in His Never

ILLUSTRATION NO. 1

Failing Supply has rubbed the Alladin's Lamp !

Now, to the Concentration :

Visualise your business in the Ideal condition that you have wished it to be. Imagine yourself sitting in a neat and well-furnished office with a file of **Orders** in front of you, and, clients constantly coming in to discuss business problems with you. Hold this picture in your mind daily during your **Concentration Exercise**.

Do not suggest pictures of How Prosperity is to be achieved ! Do not have pictures of individual deals. Just imagine a well-run and prosperous business.

Gently, turn that business over to the Infinite. Put it in His hands. Feel that He is the master of the business—not you. You are only His trusted agent to carry out His orders—and, that, He alone knows best, how the business will prosper and thrive.

Demand from the Infinite wise guidance and prudent management of the business, and, He will direct your foot-steps in the right path.

Demand, also, a definite lead; and, if you should get a “feel-

ILLUSTRATION NO. 1

ing” for doing a particular thing—do it. For the ‘feeling’ that comes to you during the **‘silent moments’** is your spiritual sense guiding you on the true path.

Feel thankful to the Infinite for having put you in charge of a Prosperous Business !

In your every day life too acknowledge Him as the Master of your business, and give credit to the Infinite for every accomplishment, big or small, in your business.

Feel that in the “Business of God” all are joint holders: one man plays the part of a proprietor; another that of a manager, a third that of a clerk, a fourth that a labourer, and so on. If you will keep up this psychology, and **act upto it** i.e. not rob others of what is rightly due to them for the labour or skill they put in, you have introduced in your business the most potent of all the elements—the spiritual element, that will grow your business from day to day.

Finally, carry this idea always in your Mind : **“Wherever you are or whatever you are doing, the Infinite guides your footsteps.”**

ILLUSTRATION NO. 2.

Mr. B's ambition is to become Rich. He has many talents which he has employed time and again but to no purpose. He has often come in sight of 'big money' but at the last moment something goes wrong! Who is to be blamed? himself? or his 'bad luck'? Are the stars against him? Can he do something to avert their evil influences? Is he never to rise in life? Can our system help him too? Y e s !

If I understand you rightly, what you demand in the shape of Wealth is : Independence . . . Power and . . . Position. But don't be surprised if I tell you that in making these demands you are asking for something that is your own.

You are a part and parcel of the Creative Force of Life and Not a thing 'created'. 'The life of God and the life of Man differ in degrees, not in essence. The degree to which you open yourself to the Divine Inflow, to that degree you shall Succeed in Life.' There is a Power within you and around you that is ever ready and willing to help you along.

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It only awaits your recognition to do the needful. You will realise this Power more and more during your Concentration. To come in the realisation of this Power is to come within the reach of 'Undreamt of Riches'. And the only method I am aware of to achieve this Power is by way of Concentration.

I am not harping on Religion—but every man is a Spirit, and the more he comes in the realisation of the idea that he IS a Spirit—A SPARK OF THE DIVINE SELF—the nearer will he come to the realisation of his desired ideal....

Now there are various Laws under which a man is governed. The Law of Karma is one of them. It simply means 'What you sow, so shall you reap'. It belongs to the lower strata of man's existence—the mental or moral strata; not the Spiritual. If a man voluntarily accepts the 'Law of Karma' he makes himself a tool in the hands of credulous Fate. 'The Law of Karma keep men down on the mental or moral plane for they deal only with the Karmic path.'

But there is a Law—a Law embracing all the other laws—a Law higher than the

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Law of Karma—perhaps the highest of all the Laws. It is a Spiritual Law. It belongs to the highest strata of man's existence. It is preached not by one religion but is the foundation stone of all the Religions...It is the LAW OF "INFINITE LOVE".

Under the Law a man no more awaits his trials and tribulations, but the gifts of God are poured out to him like rains from the sky. All that belongs to the Infinite is his. But, the gifts come only when Man understands his true nature and origin, and realises his 'at-one-ment' with the Infinite Spirit.

It's no use merely believing in the Law; you must voluntarily place yourself under the command of this Law. Merge yourself wholly and solely in the Divine Love. Let the Divine play through you and guide you along.—It is **better therefore that you should be 'In Tune With The Infinite' as often as you can and as deep as you can.**

This you can do best by the method of Concentration. While you Concentrate, you shut your 'little-self' up; your physical senses are put to temporary abeyance. It is then that the Infinite Intelligence has a scope to

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play through you and in you. The deeper you live in this frame of mind, the wiser, happier and better you shall grow.

Now, as regards your belief in Astrology : It is not that the Science of Stars is wrong, but, that, your stars are as much responsible for the events in your life as the time in the clock is for the rising of the sun. The sun will rise exactly according to the time set in the clock; but it is erroneous to say that the movement of the clock is responsible for the rising of the sun. In a similar way it is erroneous to say that the movements of the stars are responsible for the events in your life. **Wise men take them merely to be the indicators, and never as causes for the events in their lives.** The Infinite Intelligence has intended them as pointers or signposts for a safe journey during the course of your life. The stars simply foretell good or bad times that are likely to pass through your life, according to your actions in the past. And, then, leave it in your hands either to improve upon them or to go back on them. Therefore, if you are a wise man, you will catch the time at the rising tide; and, neutralise the evil effects of the 'ebbing tide' by the alchemy of your Thoughts. For, it

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has been said: *Sapiens dominabitur astris*,—a wise man will overrule the stars. Or, that, “Wise men govern the stars, Fools obey them.”

Now, for the Concentration: As you wish to be Rich, visualise Money; money; and plenty of Money ! Money in all its tangible forms. Money and Money’s worth—all that Money can buy. . . Actually see Rupees and Notes, Gold and Silver, Emeralds and Rubies, Ornaments and Jewels. Feel that you have come in possession of these through Divine Favour. All that you see is YOURS—otherwise you will be no better than a cashier at a bank or a salesman in a Jewellery shop. Feel that you are One with the Infinite and, yet, thank Him for the abundant supply received.

A logical mind might find a contradiction when I say : “Feel that you are One with the Infinite, and, yet, thank Him for the abundant supply received.” Curious though it may seem, it IS possible in the realm of Spiritual Science to feel One with the Infinite and yet thank Him as a separate entity.

Last but not the least, I want you to think your thoughts a new

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way—the way you have never thought before. “Wealth” is like a fair damsel. You must woo and win her. Your thoughts must always be focussed upon her. There should not escape one moment when you are not speaking or thinking highly of her. Perhaps you will tell me that that’s what you are actually doing from morning till evening, and even in dreams. But, Are you thinking the right way? “What is it, you are thinking of for most of the time?—the idea of ‘**abundance**’ of Riches or the ‘**lack**’ of them? Aren’t your thoughts always something like these: “Oh, if I could only come in possession of Wealth—If only I could get what has been denied to me so far...” Well, if these are your thoughts, do they not indicate the idea of the **lack of riches** working behind your mind? Can you instead create ‘**day-dreams**’ that you have **ALREADY** come in possession of abundant supply of Wealth! **In order to attract Riches you must live in the idea of ‘ABUNDANCE’ of Riches—not the ‘LACK’ of them!** Think this new way... You have tried the old way and failed... Try this ‘new way’ and **SUCCEED!**

ILLUSTRATION NO. 3

Mr. C has recently graduated in Technical Science. He wishes to go to the United States for higher studies but has no funds to meet his passage and educational expenses. There are a few scholarships and funds from which he could secure help but there are many trying for the same and Mr. C has no influence. He feels his chances to get financial aid are very slender.

The first thing you must do Mr. C is to remove from your mind any doubt that you may not be able to go to America for your studies. Do not worry as to how it will be possible for you to go to America, whether some fund will give you a scholarship or a big 'seth' will advance you a loan. All you have to do is to **Wish Without Worrying** and know for certain that you are going to America and accordingly make preparations for going there. Communicate with different shipping companies about the fares, the routes, etc. Decide what course you are going to take up and what institution you are going to join. Open correspondence for boarding, lodging, etc., during your stay

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there. Collect as much data as possible, feeling confident that **the Infinite will make it possible for you to undertake the voyage.** If you are wanting in Faith, you shall be wanting in the chances of Success. But in everything that you do use your commonsense.

Keep your plans a close secret. Do not reveal them to anybody—not even to your near and dear ones. Strange though it may seem, I have invariably found that in speaking your mind or revealing your thoughts to anybody—except to those who can help you along, the force which carries your wish to a successful end is reduced or lost. So control yourself and reveal your plans if necessary to only those who, you think, can help you along.

In your everyday life, Create ‘Mental Visions’ of your going to America...To engage in a visionary phantasy during waking hours is a spiritual quality and lends immense support to our system. It is called ‘**Day-dreaming**’. While you may be whiling away your time, instead of wasting it, form the habit of indulging in fanciful thinking of your going to America—of your rise and success in life. Such thinking is of great

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importance. It lends tremendous force to our system.

Next, your duty is to be on the alert. Find out where, how, and through whom to apply for the funds and act quickly. If you can get somebody to wield influence on your behalf, do it. Take genuine interest in everything that you do!

Nowhere in the book have I pleaded that after Concentration you should sit with your hands folded, in the hope that the Infinite will do everything that is needful. If you do not put your shoulders to the wheel you shall remain where you are—a mere dreamer. Concentration forms an important part in the Realisation Process but it is not complete without the co-ordination of 'physical efforts'. And, **the man who Concentrates but puts forth no physical efforts, Concentrates in vain!**

Now, do your Concentration thus: Visualise that you have 'set sail'. You are on board the ship—on voyage to U. S. A. Live in this idea as long as you can. Do not doubt for a moment that your vision is either fake or untrue. Believe that you have been provided with sufficient funds—more than

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what are necessary. Offer sincere thanks to the Infinite for having fulfilled your wish. Finish the latter part of your Concentration, feeling confident that your desire has come true through the Divine Will!

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Three important things are to be noted:

1. During Concentration do not show the Infinite the ways and means of getting the help. The Infinite is a hundred thousand times wiser than you and needs no advice from you. The Infinite has its own mysterious ways which no human being can understand. You have only to make your wish known through the proper channel to the Infinite, and, then, **let the Infinite show you the ways and means of getting the help.** You will receive flashes of inspirations during the silent moments; or you might per chance read a syllable thereof in your work-a-day world; if you are wise, you will pick up the threats and weave them to a successful end.

2. **Visualise only the end in view.** You need not bother about the '**modus operandi**'—the method by which you expect to get the help. You

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should not visualise yourself as applying for the funds, and then a committee considering your case carefully and offering you certain terms which you accept and so on. Such pictures or series of pictures are improper. You simply visualise yourself as having set sail. That's all.

3. Make Concentration a 'present reality'. You have not to realise that you 'had' set sail, or that you 'will' set sail—but that you 'have' set sail—a 'present perfect' tense.

ILLUSTRATION NO. 4

Mr. D is out of employment for the last year and a half. He is a hardworking man, sincere and honest—but was thrown out of employment for no fault of his—the factory in which he was working as an Engineer closed down.

He has so far drawn upon his little hoard of savings but his capital is now seriously depleted. He needs a job urgently otherwise his condition will be very bad.

Mr. D seeks relief by the method of Concentration:

I hope Mr. D, you do not belong to the class of people who are always 'down on luck'. They see 'no-good' in anything. To them this world is a thorny place to live in; and its men are crooked. This system will do little good to such '**confirmed pessimists**'. And, unless you are prepared to change the current of your thoughts, you cannot possibly change the current of your life.

I also hope, you do not belong to the class of people who 'look down upon them-

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selves'. They consider themselves 'wicked', and call themselves 'vile sinners'. Such people by virtue of their thoughts and words invite the lower forces of the unseen world to keep them chained down to their own level. And, for that they have themselves to blame. With right thinking, man's capacity to develop has no limit. If others have achieved Success, you too can achieve Success through the Power of the Mind.

There are many persons who are really good-hearted, competent, hard-working, and saintly in their ways and means—and, yet, are the most 'knocked-about people' in the world. This is very often because they have more faith in the 'Evil' than in the 'Good'. For anything '**good**' that they do, they expect '**bad**' results—their lack of faith in the power of Good brings them Bad results. It does not matter how the things look, good or bad; but, you must always expect the very Best to turn out.

Some people believe that happiness and Unhappiness are eternally mixed up together; and, for every little Happiness we gain, we must first suffer a great deal of Unhappiness. These, they think, are the Laws

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of Nature; and, these they think, are the ways of God.

Personally, I think, that association with any such idea is a crime against the Highest Good that is—God.

If you associate the name of God with 'good', how on earth, you came to believe that an 'evil' in any form (a pain is an evil) can proceed from the 'Good'. Even a Man, a really kind-hearted man, will shrink from inflicting pain on the meanest of his fellow-creatures—So, what to talk about God!

The path of God is full of Sunshine, and, not a shadow of Unhappiness. When Man goes off the Nature's path, consciously or unconsciously, he feels pain, unhappiness and ill-luck. But, in these very troubles, a wise man hears the loving warnings of God that You are off the right path; so, retrace your foot-steps and put yourself, once again, on the right path.

So, banish this idea, once and for ever, from your mind that Unhappiness is a way of God. It is not the way of God—it is the way of Man!

"Now, it does not matter what your present circumstances are. If you are ob-

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liged to live in a tenement house or sit at a very inferior table, or live among the coarse and the vulgar, do not say to yourself that you must always live so. Live in mind or imagination in the better house. Sit in imagination at better served tables and among superior people. When you cultivate this state of mind your forces are carrying you to the better. **Be rich in spirit, in mind, in imagination and you will in time be rich in material things.**" It is the mood of mind you are most in that influences the shape of 'things to come'.

In other words: **You become what you think of for most of the time. Your mind is a mighty magnet, and, it attracts in life exactly the things you think of for most of the time.** If a man thinks of God for most of the time, he becomes a Saint; if he thinks of new things and new ideas, he becomes an inventor; if he thinks of profligates all the time, he becomes licentious.

In the same way, if you think of 'service', for most of the time, you will soon be serving at some place. But, in thinking of 'service', there are two things: If your mind bears constantly upon 'employment', you

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will quickly be 'employed'; if your mind bears upon 'unemployment' i.e. if you fret, worry, and fume over being 'unemployed', you will remain 'unemployed'.

You might wonder and ask: "How is it possible to feel and think like 'employed', when I really am 'unemployed'?" This difficulty faces many. But, just as a wise man controls his mind and keeps his head cool even under most agitating circumstances, and, thereby, steers his course safe through troublesome times—a wise man, in order to get employment, in the shortest time possible, controls his mind. He keeps his mind busy, thinking all the time, that he is 'employed'. And, by a strange force of mind, not known to man, he comes in realisation of the minutest details of his imagination.

Now, to the Concentration:

When you reach that stage where you are 'in tune with the Infinite' take a vigorous grip of the idea that "You are Employed"—that you are now completely satisfied with the lucrative position that has been given to you by the Infinite—and that the work which you have been entrusted with is of your liking... My suggestion is, do not imagine your-

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self in some strange position which in the heart of your heart you know as impossible to achieve. Imagine that which you think is probable. Affirm solemnly: "I give thanks for getting the lucrative position that is mine by Divine Right".

While you are thus Concentrating, be on the look out for the right type of picture. As you are an Engineer, you have probably imagined yourself in the position of an Engineer. Ordinarily you should get a complete picture of a factory, at once. But, if you are a beginner and are learning 'visualising', you will see faint outlines of a small machine or a part of the machine rising before your mind's eye. Concentrate on what you see, and, in a little time the picture will become clearer in appearance. Now, set the machine working—slow motions first. See the machine working at regular speed. Feel the throb; hear its knock and so on. Visualise big machines, bigger still and still bigger till the whole factory become a 'living reality' in your Mind.

It is incorrect to see any defect in the machine at this stage. Nor should you see yourself as criticising or correcting any de-

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fect in the machine. Your picture should be a smooth running factory—no break-downs, no jars and jolts.

It is not enough for you to visualise the machines. You must also feel yourself in charge of the machines. See yourself actually holding an important position in the factory.

Do not for a moment doubt the realisation of this cherished dream.

Offer sincere thanks to the Infinite for having fulfilled your Wish!

* * *

Now, let me give you some hints that might prove helpful to you at the time of interview:

While you may be waiting outside for the interview do not talk much with others. Keep aloof as far as possible. Breathe deeply. Calm your senses. Throw your mind in an elevated condition by the effort of your will. Put the situation in the hands of God. Think well of the gentleman you are to interview and of the Success of your interview. ...And, when the time comes, step in the presence of the officer confidently.

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Now, during the interview instead of looking askance or staring in his eyes, **look mildly into his forehead.** This practice is known to have wonderful effect upon the person you want to impress upon. Establish contact between the two minds. Feel the current of thought flowing from your mind to his. Feel that both the minds are working in unison. Don't forget—(?)—to keep your fingers crossed!

After the interview: When you are at leisure recall the face of the officer before your mind's eye. Talk to him mentally. Impress upon him. Tell him what you wish to. Feel that he is favourably impressed. Keep the fingers crossed. Practice this often times.

This should bring incredible luck knocking at your door; and you shall step out one day—a changed man!

ILLUSTRATION NO. 5

Mr. E is a subordinate officer in a business firm. He is a capable man and had joined the firm with big hopes. He had an idea of winning a responsible position by dint of hard work and efficiency. But his work is not even known to the chief of the firm—his departmental head sees to that. He feels that he is being 'wasted', and that he is being put on small jobs that anybody could do. Opportunity of doing anything worthwhile is withheld from him. He feels that his departmental head is deliberately suppressing him and sometimes feels like throttling the fellow.

Now, despite his best efforts, his endeavours are thwarted, Mr. E has come to believe that he is not destined to rise higher in life and must pass his days by serving in this humble position.

He questions: "Is there no way to get out of it?"

There certainly is. Put your chin up, Mr. E. You are going to rise. There is no

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one in this world who can keep you down, except your own thoughts. If you are determined that you must serve in this humble position, you are creating in the invisible a force that will keep you down in life. Your prevailing order of thoughts attracts its like in the physical environment. Can you change this order of your thoughts? Can you keep your mind, day after day, month month, thinking: "My present position is a stepping stone to a better and more permanent position in life that is mine by Divine Right!" If you will change-over wisely, the Concentration exercise aided by the change in your thoughts will work wonders for you.

Next, if you want your officer to change over in his attitude towards you, you must first change over in your attitude towards him. Remember that every thought that you think is like an electric ray that works apart and away from your body. So make it a point never to entertain any bad thought towards your superior under any circumstances. Greet him always in your mind with kind and loving thoughts. It cannot be that your good thoughts will fail to generate an equal response from him; and he will be changed in his attitude towards you in a short time.

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Perhaps you will say: "This is all a very good philosophy. I have tried all tricks to win him over; and did all that was humanly possible. But this reptile, he will never change his nature. For anything good that you do, he will invariably return the 'Evil', and this may be true! There are such souls in this imperfect world! The best course for you to take, in that case, is to seek Divine Protection against the person. During Concentration, feel that you are Divinely protected from all sides, and that None can reach to harm you. . . You will find that in due course of time the evil-doer will somehow get out of your way or that his evil intentions will be foiled and he will himself come in troubles.

Next, fix a definite ideal. If you aspire to hold a particular position, during Concentration visualise yourself holding that position. By way of practical advice I suggest that amongst all your philosophies be practical. Don't imagine yourself to be holding the position, which if readily awarded to you, you will feel awkward or incompetent to hold. "First deserve and then desire" should be the guiding principle of your life.

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Now, if you wish to impress upon your boss, I shall teach you the method of 'Creating Influence by Visualising': it does not matter where your boss is or what he is doing. **Your thoughts live through time and space.** So without worrying as to where he may be or what he may be doing you simply visualise his face before your mind's eye. Cross your fingers. Talk to him mentally as one **Divinity** would to the other. Feel that he is your benefactor, and is interested in your welfare. **Appeal to the Divinity in your boss**—not to his personality. Feel that he is a part and parcel of the Great Divinity of which you too are a part and parcel. Let this idea of Divinity parade the situation throughout the mental interview. Put your case before him briefly and convincingly. Do not complain or recoil in his presence. Impress upon him with gentle thoughts. His face will gradually move in harmony towards you. Keep his face before your mind's eye till you feel completely satisfied in the heart of your heart that he is favourably impressed, and that your request is granted. I know this to be the best method to wield influence over any body you wish to!

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In your everyday life too, do not be nervous at the mention of, or, in the presence of your boss. You are as much a spirit as he is a spirit—the sparks of Divine Light. Look up to him with confidence, and **feel that he is only a channel for you to receive your heart's desire from the Infinite.**

It is sad that thousands upon thousands, despite their knowledge and understanding of the Spiritual Law, cannot look beyond the human personality of their masters, to fulfil their wants. They believe that their destinies are moulded at the sweet will of their masters, and they look up to their masters to fulfil their wants. This is violating the great Spiritual Law, for which they rightly suffer. Such people are always disappointed in their lives and lead a hand to mouth existence. But, those who have learnt to look upon their masters merely as 'channels' between them and the Infinite Source of Supply, have learnt everything they ought to learn in the art of earning rich rewards.

Finally, do not be disillusioned by the seemingly false move of the time. I know of a case, in which a man demanded rise by

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spiritual means. After a few days of practice in Concentration he lost his job. Naturally, he was disappointed—but, I told him to bear patience, and reminded him of the words of a great metaphysist: **All Things Seem To Be Going Wrong When They Are Actually Going Right.** He accepted the idea and went home. A few days later he got a call for a higher, bigger and better job, and got settled in it.

ILLUSTRATION NO. 6

Mr. F. is a young man but he looks to be old. He lacks personality, vigour, health and strength. He is weak and nervous. He has all types of complaints. His liver is bad, his lungs are weak, his heart is irregular and so on. The doctor says, at this rate he would not live long. How to cure his troubles, and how to live a normal and happy life?

I for one believe that the natural condition of a man's life should be healthy and strong. None should die against his wishes nor suffer in this life. A parrot may live longer than a century (under natural conditions); a crow seven centuries; a cobra twelve centuries; a crocodile fifteen centuries; some trees fifty centuries—and, Man (?) the Crown of His Creations (!)—barely three scores and ten! This is ridiculous! It shows that Man has blundered seriously somewhere; otherwise this unhappy state for Man would not exist. It also shows that if birds and beasts live so much longer than Man, there must, of necessity, exist for Man also a higher and better path. To find this path is my meat and drink.

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What, then, is 'the path'?

For the longevity of life and health of the body, the Spirit should control the Body. But, what actually happens is that the Body (the physical part) takes an upper hand; and, the Spirit stays in the Body only for the duration of time the Body is able to keep him. Our living has become so very unnatural, our limbs and parts of the Body so very weak due to unnatural habits that it becomes well nigh impossible for the Spirit to use these parts, and, therefore, the Spirit has to leave the body against his wishes. If you have marked, a struggle invariably ensues at the time of death—the Spirit wants to stay longer in the Body and the Body is unable to retain him any longer.

What should actually happen is that when the times comes the Spirit should discard the Body; and not that the Body should discard the Spirit. The Spirit is sent here in this world for a set purpose—to gain certain experiences. When he gains these experiences, the Spirit becomes refined. He feels his present Body to be rather coarse—he wants a better and finer Body to do his finer and higher job. He therefore discards the present Body in order to assume

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a more fit body. And, when he does this, the organic condition of his body, and the environments roundabout him are perfectly congenial; nor does he feel any pain while leaving the Body. This is what should be called 'natural death', and there are persons who die such deaths but, they are rare—very rare. Anyhow, to gain the supremacy of the Spirit over the Body should be the highest aim of our life. For this, the connecting link between the Body and the Spirit is the Mind. If you will keep yourself always in the highest and best frame of Mind, your life in this world will be happy, healthy and long. Or, the degree to which you shall succeed in keeping yourself in the right frame of mind, to that degree you shall succeed in life.

Now, our present system of medicinal or surgical science is like repairing a clock or replacing parts of a steam engine. But, they forget that we are not human 'Machines' but are human 'Beings'.

Man is not the Body that they see. The whole man is made of three parts—the 'Spirit', the 'Mind', and the 'Body'. Our present system of medical science treats only

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the Body and not the other two, which are more important than the Body. Now, there can be nothing wrong with the 'Spirit'—it is always pure and luminous; it has no connection with the conditions of Health. The condition of your Mind is reflected in the condition of your Body—and your Body is healthy or sick according to the condition of your Mind. The treatment to the Mind, therefore, is the right type of treatment.

The treatment is simple and inexpensive. Can you keep your Mind always on the positive side of thinking that 'You are Healthy!' It does not matter what your present condition of health is, but, if you will constantly keep your mind on the positive side of thinking that you **are** healthy, you will draw from the invisible, forces to renew your bodily strength, energy and tissues.

Now, supposing you are suffering from a Liver complaint. It is no use denying the fact that you have no liver complaint, and go on consuming injurious foods in the belief that you will be able to digest them all. Such habits will do more harm than good. It will aggravate the bad conditions. But, you can keep your mind thinking all the time

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that it is **within the power of your mind to rejuvenate every part of your body**; and believe firmly that **the natural condition of your body should be healthy and strong because you are created in the image and light of God, and are Healthy and Strong as your Spirit is pure and luminous**. This 'mental prescription' has cured many of their obstinate ailments; and I see no reason why it should not cure yours, if rightly applied. You may use the Doctor's prescription etc., as aids to your method of cure, but give primary importance to the method of Mental Cure.

Now, during the period of Concentration, fill your mind with the idea that You are Full of Health—that every cell in your body is rejuvenated by and is reflecting the Spiritual Light. Feel that the senses that you use are **not** your physical senses, but that they are your Spiritual senses. That you see with the eyes of the Spirit, and hear with the ears of the Spirit and that your faculties have now become infinitely more powerful than what they were before. In short, live wholly in the idea that your body is a Spiritual Body—it is above disease—it is above everything that is commonplace and troublesome.

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If there is any particular part of your Body that is ailing—concentrate your attention on that part. Open that part, in your mind, to the Inflow of the Divine Current of Life. Feel that that part is being rejuvenated every moment with floods of Divine Light. Disease and trouble from that part have gone for good. Live in this idea for a sufficiently long time. Carry this idea with you even during your sleep; and rise early in the morning with this idea first in your Mind.

Side by side, I wish to tell you something very important about Food. Your blood is made from the food you eat, and, from the blood corpuscles are made your brain-cells. These cells generate mental power. And, if they are made out of impure and inferior materials, naturally, they cannot generate 'fine' thoughts that are required for our purpose.

So, for a student who follows the method of Concentration, it is better that he selects a plain, wholesome diet, containing more of fruits, vegetables, honey, milk, etc. Avoid, as far as possible, meat, fish, spices, and alcoholic drinks. I do not suggest that

you should immediately and completely give up eating meat, fish, etc.; that would perhaps upset your system—but, try to decrease their proportions in the food.

I have known that the days on which the habitual meat eaters live only on vegetables or fruits or observe complete or partial fast, they are able to concentrate better than on other days.

Besides, the vegetarian diet is definitely a better diet than the non-vegetarian diet. It keeps the mind clear and body healthy. I have reasons to believe that meat diet makes a man peevish, crafty, and deceitful. It also makes him fierce and ugly to look at, and crafty in his ways and means. Let us take the analogy from the animal world—a tiger, a panther, a wolf, a hyena—these carnivorous animals are fierce to look at and are crafty in their ways and means. But, a horse, an elephant, a bull—they are symbols of strength and beauty. They are also obedient and faithful to mankind. In the class of birds, look at the vulture, the hawk, the kite,—how ugly they are? and how hoarse their screams are? But, see the peacock, the pigeon, the nightingale, the dove—how lov-

ILLUSTRATION NO. 6

ing they are! how beautiful! and how sweetly do they sing!!! Doesn't it therefore prove our corollary that if man also lived on fruits and vegetables, which is a more natural diet—he too would become more beautiful, loving and strong?

How I wish that our ladies instead of running after unnatural aids to artificial beauty that are sold at a premium in the market, learnt the true art of building their beauty from **within**. The art lies in eating plain diet and thinking beautiful thoughts. Plain diet will bring out the real tint and glow of their cheeks; put sparkle in their eyes; and give them a smooth and soft skin. Beautiful thoughts will crystallise into habits of grace and charm, which will make them look more beautiful and more natural at any place and under any circumstances!

But, let us not get away from our subject — we are talking about food. You should not overload the stomach at the time of meals. It is better to err on the safe side by eating less instead of eating more. If you are satisfied with seven courses on your lunch, restrict them to six. The people who eat till the

ILLUSTRATION NO. 6

limit of satiation lack personality, health, and vigour. To eat a little less than what you can, is the royal road to better health and strength.

Another thing that counts, is the way in which you eat your meals. If you are in the habit of 'snatching' your meals or eating in a hurried, peevish mood, you definitely are adding poison to your meals. For, it has been proved under laboratory tests that the saliva of an angry man has traces of poisonous matter. Besides, while you eat, you incorporate within yourself the spiritual part and properties of the food. It is important, therefore, that you should always keep yourself in a better frame of mind while you are eating. Decorate the table and the dining hall nicely. Have some light, jovial talk and avoid discussing or thinking of business and other serious matters on the table.

While you eat, do not argue about the food—whether this dish will agree with you or not! Forget all about your stomach and its power of digestion. Eat as a bird eats; knowing full well that whatever you eat will be digested. If you have an ailing stomach continuously before your mind's

ILLUSTRATION NO. 6

eye, you will surely have one in the material'. And, this is the root cause of ninety per cent of stomach troubles and diseases in the world!

ILLUSTRATION NO. 7

Miss X is getting fatter everyday. She has tried many patent fat-reducing drugs; she has tried massages; she has done exercises that made every joint in her body ache; she has almost starved herself, and, still, her body grows and grows. How on earth is she going to stop it?

Miss X, you think you are **'fat'**—rather you **know** that you are fat. Very well. Now, can you do one thing? Can you change this **'Mind-picture'** of yourself? Can you make yourself believe that you **are** slim? You see, you are always thinking of **'fatness'**; your mind dwells too much on the bulkiness of your body and this is wrong. Your thoughts must dwell on slimness and not on bulkiness. So long as you think that you **are** fat, you will remain so; but, the moment you change the **'picture in your Mind'**, and, visualise yourself as you wish to be, your sub-conscious mind will pick up the threads and bring about in actual existence the body you wish to possess. Your sub-conscious mind besides its innumerable other functions, presides over

ILLUSTRATION No. 7

your physical organism. The sub-conscious is a tremendous force but has no initiative of its own—it simply obeys the ‘Picture of Your Mind’. The best course, therefore, to **impress the Sub-conscious** is, to create clear-cut Mental Pictures of yourself as you wish to be—not as you are.

Do the Concentration exercise; and visualise yourself as having a slim and symmetrical body. Feel that you really have such a body and thank the Infinite for giving you such a body.

You must also go about your work with the air and alacrity of a thin, slim maiden You Wish To Be. The method will succeed in all cases where others have failed.

ILLUSTRATION NO. 8

Mrs. Y is worried over the health of her husband who is ailing for many years. Day by day, his condition is getting worse, and, she fears, one day it might take a very serious turn. She gets nightmares of unhappy ideas; and, there is not a moment's rest for her, nor peace of mind. She prays fervently and with faith but to no purpose—how to cure her husband is what she is after, day and night:

There are two great forces in Man that shape the events of life: They are 'Love' and 'Hatred'. These are two opposite forces, yet the sum total of their results is the same. The difference is only this: That **you attract the things you Love most, and, the things you Hate (Fear) most are forced upon you.** This is the Law of Nature and it is as cruel in one instance as it is kind in the other. To be in constant fear of the happening of an untoward event is to come closer to it, and, the event will surely come to pass unless you take the offensive while there is yet time.

ILLUSTRATION NO. 8

Your husband, of course, must change his current of thought; and, to bring about a permanent cure the patient must **act himself**. But you, as his wife, can help him to recover by the method of Concentration.*

By the method of Concentration, you bow not your head, nor bend your knees, nor raise your voice in supplication to an unknown power but here you feel the whole Infinite within you—you are elevated to a higher position, where you come on level with the Infinite—and, lo, your wishes are respected.

During concentration come face to face with the Infinite and there in the silent recesses of your mind create mental pictures of your husband exactly **as you wish him to be—not as he actually is!** Visualise the body of your husband, bit by bit, limb by limb, full of strength, health and vitality. Feel that he is hale and hearty. Let no idea

*In such cases, if the student wishes to 'concentrate' for the benefit of others, it must be with the full knowledge, and, better still, at the request of the afflicted party; otherwise the method will fail a hundred times where it will succeed once. But the ratio will be reversed if both will work in harmony towards a common goal. The closer the affinity between the two, the quicker and more effective the results will be. It also depends upon the capacity of the other party to receive the thought vibrations.

ILLUSTRATION NO. 8

of his sickness lurk in your mind. Affirm solemnly that your husband is a Divine Idea in the Infinite Mind, and, therefore, he is Divinely protected, and, is perfect in every respect. You will find that nothing will endanger the life of your husband, and, in a short time the condition of the Spirit (which is always perfect and wholesome) will be depicting itself in the condition of his body; and, your husband will grow in health and strength.

In your everyday life too, do not let your thoughts dwell on the probable results of the illness of your husband. By all means, take every precaution and get medical aid. But don't create pessimistic thoughts around you. You must feel and make your husband feel that he is getting better.

Our system does not prevent you from taking medical aid. Take the best possible medical aid and obey the instructions of the doctor. The medical aid may prove to help your cause. A dose of medicine may prove to be an elixir, or, a doctor may bring about an angelic cure. The man who has a deep sense, will understand them to be the results of Concentration. These are small pretexes

ILLUSTRATION NO. 8

to bring about the desired results in the material realm. The gigantic force working behind them is hidden from your eyes.

Finally, take this tip and bid good-bye to troubles.

Never, Never, Even by Mistake, Imagine Yourself To Be In The Position You Don't Wish To Be

I know some women who during the sickness of their husbands cannot help thinking ugly thoughts. They imagine such horrible things that I am afraid of repeating them here. They have so much the lesser control over their minds. And, with such thinking God help their case. Every thought is as real a thing as a ray of electricity—and, the pictures they build before their mind's eyes to-day are going to be the realities of tomorrow. So, beware thinking any ugly thoughts under any circumstances.

ILLUSTRATION NO. 9.

Miss Z is in love with a rich man's son and her love is returned. But, the parents of the boy will not hear of an 'unequal' match; and the parents of the girl want her to marry a man of their choice. Now, here is a case that applies perhaps to a majority of young people these days in some form or the other.

Before I go over to the Concentration, I might preface my remarks about the conduct of the parents: The 'pull' that the young people feel toward each other, is a Spiritual Pull. It is where one soul has recognised its counterpart. This is the way the Infinite Mind has planned their happiness—and the parents will have nothing to gain by going against the Divine Will. The parents may by fair or foul means succeed in bending the will of their children away from the right path, and force their own will against the Divine Will. In doing so they think that they act in the interest of their children—but, they can be sure that they never will realise their wishes the way they wish

ILLUSTRATION NO. 9

them to—and they can also be sure that their efforts will result in bringing unhappiness, in some form or the other, not only to their children but to themselves too. When such incidents happen they are left wondering for the rest of their lives (or perhaps they will never understand, at all) as to how Providence could be so unkind to them when they in their own hearts were working in the interest of their children! Of course, I am not here to preach a sermon but give an important hint—so take it, if you are wise parents—and never, never go against the Divine Will. The attitude of your mind, all the time, should be that if the match is Divinely planned it surely will come to pass; but if it is not Divinely planned it will soon be dissolved and the right one will take its place.

Now comes my advice to the young lovers: Never brood in silence over the unhappy incidents of your life. If you brood over a particular incident that you think has a lot to do with the unhappiness of your life, you are sure to attract its like in a short time and then another one and yet another one till your path is lost in wilderness and your life becomes a miserable failure. Instead, if you will cultivate the habit of never paying

ILLUSTRATION NO. 9

any heed to the dark side of your life but look and live only in the brightest, your chances of Success will be improved beyond measure.

Equally bad is the habit of Quixotic thinking on part of young lovers. I know of many failures in love due to this form of 'destructive thinking' of warm hearts, which I would rather call 'the weakness of the brain'. If there is a small incident in their lives which these young people do not like, they make such a bogey of the little incident and in some of the worst forms they think of running away from their homes; and they think of committing suicide; and they think of murdering him or her; and they build such vivid pictures in imagination, called 'Day-dreams' that they actually attract in life-like events. Instead, if they learnt to build constructive thoughts of the success of their marriage, and the kind permission that the guardians will grant, and the blessings that they will receive, and the gifts that they will get, and the little happy home they will build of their own, where there is comfort, peace, and harmony, and so on and on; I assure, such thinking will bring their objective nearer, and there will not be one failure in love where there are so many at present.

ILLUSTRATION NO. 9

In Concentration you must learn to image rightly. You must rise above your **'puny little will'** however strong and learn to **relinquish your wish to the Divine Will**—which in fact is your own will.

During Concentration you will sit and visualise yourself as being surrounded by Love—somebody whispers into your ears the things you longed to hear—he fondles you as an ardent lover would. You feel your dream of a happy home realised now and here—for this and many other gifts you receive, you offer your most sincere thanks to the Infinite.

You will note here that you have not to visualise any single person or individual as your ardent lover but you **concentrate only in general terms**—in terms of 'success in love'. You thereby leave it to the Infinite to fill up the gap and do the needful. It may be that the person you seem to love may not be the 'divine choice'. You might mistake the superfluous attraction of the flesh and blood for the call of the Divinity. This invariably results in the breaking up of the couple after marriage where they previously believed that they could not exist without one another. But if you should let the Divine have a free play,

ILLUSTRATION NO. 9

and if the person is a Divine Choice, it will never be that the person you are in love with will ever go out of your life, but, instead, he will draw closer to you and play a more important role in your life. But if the person is not the right one—of divine choice, he will go out of your life without disturbing your peace and the right one will take his place. You will then be awakened to a newer life—to a newer glamour of existence.

Once again I repeat that by not visualising the person you have an eye upon, you do not deliberately keep him out of your life, but, you simply let the Infinite have its own way to bring about the realisation of your dream by methods that transcend your imagination. Anyhow, if you should persist and visualise the **One** man, it may be that you might succeed in getting him—but, he will not give you in life that happiness to which your heart aspired. It will be a moonshine.

I should not forget to tell you one thing here which is above all that I have told you so far and that is—**when you relinquish your Will to the Infinite Wisdom, things in most cases will turn out just the way you wish them to.**

VIII

I hope the above illustrations make the basic principles of Concentration quite clear to you. The Concentration method of achieving your desire has been tried by many and is seldom known to fail, where rightly applied. How the results will be achieved can never be forecasted, for the ways of the Infinite are inscrutable, and it also depends upon your ability to apply the principles rightly.

You have to realise that all that the Concentration method does is to give you what is your rightful due and to bring to light your latent powers. It cannot and does not give you what is not rightfully yours. Anyhow, there are *few things in life* which when rightly demanded cannot be yours because Man is created in the image of God and is heir to all His bountiful supplies. There are Infinite Powers within man that await recognition. Man's smallest and biggest wish will instantly be fulfilled, the moment he comes in realisation of his own Power by the method of Concentration.

ABSOLUTE TRUST

Take heed, you cannot use this method to deprive others of what rightfully is theirs, for that would be an act of injustice and the powers of the Infinite Wisdom are not to be used to perpetuate an injustice but only to do justice—to you and to other people.

This method is not for atheists, doubters and scoffers. Do not try this method unless you wholly and absolutely believe in its efficacy. There must be no doubt at all in your mind. If you are thinking of trying it for fun's sake, 'just a trial', please don't do it. The basis of the success of this method is **absolute trust** in the Wisdom of the Infinite—a complete realisation of the fact that you have the Spiritual Power within you and that if you call upon it in the right manner to give you your just dues and to fulfil the real desire of your heart He will do it.

So far, most of our attention has been concentrated on the acquisition of material gains, but apart from the material things of life which Concentration gives you, it does much more. It has a vast compass far beyond our furthest imagination. It does not matter to what particular 'object of desire' you are Concentrating upon, but a regular fifteen

USES OF CONCENTRATION

minutes devoted to Concentration daily will widen your sphere of influence, open your mind to wider vistas and bring out your real personality. You will find in life a deeper and wider pleasure, for you will have acquired your **rightful** place and have the peaceful feeling which comes only with things well achieved and with duty well done. You will achieve a buoyancy of spirit and take a keen zest in life. Your conversation will be bright, your eyes will have a natural sparkle and everything will be 'just right'.

Concentration will give you poise. It will make you clear headed. You will no longer be just fumbling about but know exactly what you are about. Your health too will improve. If you do your Concentration a little just before you go to bed you will enjoy natural sleep. You will be free from the minor ailments that are the bane of modern society—headache, lassitude, sleeplessness, etc.

I have set out for you what Concentration has achieved for many and what it can do for you. It now remains with you to take advantage of the method to win your rightful place in the world and to obtain all

